



WIC BREASTFEEDING PEER COUNSELOR PROGRAM

Supporting You and Your Baby!

MOMS HELPING MOMS!

They will support you, answer your questions, and cheer you on during and after your pregnancy!



WIC BREASTFEEDING PEER COUNSELORS ARE MOMS LIKE YOU!

They breastfed their babies and want to help you reach your feeding goals!



YOUR WIC BREASTFEEDING PEER COUNSELORS CAN...

Talk with you in person or over the phone about your feeding goals.

Share fact-based knowledge of breastfeeding as well as personal experience, like...

Signs you are making enough milk.

How to know when your baby is hungry and full.

How to hold your baby during feedings.

How your body makes milk.

Be a safe space to talk to someone who may have gone through similar experiences as you.

Well Child Center
620 Wing Street
Elgin IL 60123
847-741-7370



Greater Family Health
450 Dundee Ave
Elgin IL 60120
844-599-3700 ext. 4450/4453

Aunt Martha's Youth Services Center
3003 Wakefield Drive
Carpentersville IL 60110
847-551-8041

VNA Health Care
801 Villa Street
Elgin IL 60120
630-482-8103

Call or text your WIC peer counselor **TODAY!**
Line #1: 630-391-0001
Line #2: 224-828-1479



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